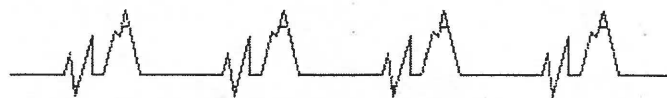
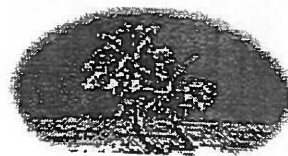


The Caribbean Pulse



The Heartbeat of Naval Hospital Roosevelt Roads
Spring/Summer 1999 Edition

19TH NATIONAL VETERANS WHEELCHAIR GAMES

by LTjg Joritta Dotson-Hardy, Public Affairs Officer



Staff members of the U.S. Naval Hospital Roosevelt Roads provided emergency medical and volunteer support to the 19th National Veterans Wheelchair Games. The event took place June 21st through the 26th in San Juan, Puerto Rico. It focused on encouraging veterans to become aware of their abilities and potential, as well as promoting a spirit of fellowship.

The National Veterans Wheelchair Game activity is the largest wheelchair sports event and annual wheelchair sports competition in the world. Participants included veterans from all fifty states, Puerto Rico, Canada, Switzerland and England. The events included archery, basketball, track &

field, a 5k run, swimming, scuba diving, bowling, softball, rugby, table tennis, weight lifting and billfish tournaments held throughout the metropolitan area of San Juan, Bayamon, Carolina and Guaynabo, PR.

Naval Hospital Roosevelt Roads provided two medical teams consisting of Doctors, Nurses, Administrators, Emergency Medical Technicians and Hospital Corpsmen who provided emergency medical and logistical assistance to more than 800 participants. The wheelchair athletes which included paraplegics, quadriplegics and amputees, were aided by approximately 60 medical staff who also assisted in transporting the veterans to the game sites. Navy Medical Team Coordinators included LT Danahe Sierra, LT Eric Sergienko, HMC Edwin Lashley, HMC Michelle Jennejahn and HM2 Kelly McNulty.

Next year's games are scheduled to be held in San Antonio, Texas.

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AT THE HELM WITH THE SKIPPER

This has certainly proven to be an exciting summer! The Naval Hospital has had the pleasure of having three of its finest corpsmen selected for commissioning in both the Medical Service Corps and Nurse Corps, and several members promoted in both the Officer and Enlisted ranks.

While one may think that these fine individuals are "lucky", I tend to believe that they relied on much more than luck. Dr. Antonio Novello, former U. S. Surgeon General and Fajardo, PR native, stated in an address to our staff that "Luck is when opportunity meets preparation."

Although one may have little control of when, where, or even if opportunity comes knocking, the one variable that each individual can master is preparation. This can only be done when the goal is clearly defined and the steps to reaching that goal are understood and thought through.

Once the goal and steps are clearly defined, then one must take the necessary actions to meet each requirement. This, more times than not, can be a difficult task. But as the saying goes, "No Pain, No Gain".

After you've done all that you can do, continue to strive for improvement. Implement the total quality strategies into your process to ensure you are putting forth your absolute best. While there's no guarantee that opportunity will come your way, at least you'll have your "ducks in a row" should a door open for you.

The one little kicker that I would like to add to Dr. Novello's equation is the element of persistence. If you desire something so greatly, and "luck" does not work in your favor during Round 1, be prepared for Round 2, Round 3, and so on. Sometimes a little persistence can go a long way.

Keep this in mind as you prepare for advancement exams, commissioning



Capt. G. Russell Brown
U. S. Naval Hospital Roosevelt Roads
Commanding Officer

boards, or special programs, college, parenthood, or any facet of your life. As we prepare to enter a new Fiscal Year and new millennium, take every opportunity to put forth your personal best. Always remember, you are what makes this command a great command!

LOST? MAYBE YOU NEED A MENTOR!!!!



HMCS C. Hodges
U. S. Naval Hospital Roosevelt Roads
Command Senior Chief

No matter what your age or position in life it is important to have a confidante, a guide, someone who cares about you and your future- in other words, a mentor. Mentoring is vital to your personal and professional growth and advancement.

A mentor shouldn't be assigned - the relationship is special and needs to be a perfect fit and not forced. Sometimes we go mentorless for a long period of time; other times we have more than one mentor. You will know who you want your mentor to be when you meet him or her. Mentors have a special way about them. What are the special characteristics of a mentor?

A "mentor" should be:

- someone you respect.
- someone whose vision you believe.
- a leader.
- knowledgeable.
- deeply involved in whatever they do.

- a producer of change (sees change as an opportunity and a challenge).
- able to handle stress/trauma well.
- giving of themselves.
- a team builder.
- persistent.
- committed to vision/success.
- well-groomed/concerned for image.
- an optimist/has hope.
- someone you admire.
- politically astute.
- a risk taker.
- charismatic.
- a good listener and communicator.
- be a reader and thinker.
- well read.
- humorous but not too serious.
- worldly and focused, but smells the roses.

You get the picture. Do you know anyone with these qualities? If so, see if you're a match for striking up a mentorship. Good luck!

WELCOME ABOARD!

QUEST FOR THE CUP!

BY HM2(FMF/PJ) Mark Tomlin, Patient Admin

LT Allen
LT Altamar
DT1 Antonio
LT Bishop
HMC Bondoc
LT Bow
HN Brinson
HA Brown
LTJG Buford
HM2 Bush
HM2 Byers
Pauletta Clark
HN Diaz
HM3 Evans
HA Garcia-Ramirez
HM3 Gittens
ENS Goad
HM2 Harmon
HM2 Heaton
LT Higgins
LCDR Hiltibidal
HM3 Johnson
HN Johnson
HA Joseph
Sandra Joseph
CAPT Kellogg
HM3 Longshore
HM3 Lowe
DT1 Lund
HM1 Mallard
LT Martin
HM2 Mays
HR McCarthy
LCDR A. Miller
LCDR C. Miller
LCDR K. Morris
Kenneth Morris
LT Lisa Morris
HMC Mumbalo
Tanya Nolan-Bridges
LCDR Picon
HM2 Ramirez
LT Reasor
HN A. Rivera
HN L. Rivera
HM3 T. Rivera
HN Rosecrans
LCDR Roundy
LTJg Saare
HM1 Salicrup
HM3 Salley
HM3 Sanchez
LCDR Shaw
LT Shumaker
LT Taylor
HM3 Throckmorton
HM3 Tolentino
HM2 Villanueva
HN Walls
HA Willis



Alright! Just when you thought you couldn't take any more messages on CHCS or people talking about it, I slip it into the newsletter - You got it - "CAPTAIN'S CUP EVENTS"!

As of 01 September 1999, we are in a very tight race with AIMD for the lead. We have dominated the individual events, i.e. triathlon, track & field, duathlon, etc. AIMD has beat us in most of the team events, such as men's softball, volleyball, and basketball. That is why the overall points are so close.

Right now, softball and bowling are the happening events. We have two teams in the softball league. We also have three teams in the bowling league. I encourage you to find someone that participates in these events and join and join in on the fun, or at least come out to cheer for Naval Hospital's teams.

Here are the rest of the upcoming "CAPTAIN'S CUP" events:

- Racketball, 25-25 Sep 99
- Basketball, 16 Sep - 29 Oct 99
- 5 Mile Run, 09 Oct 99
- Flag Football, 01 Nov - 10 Dec 99
- Volleyball, 02 Nov - 09 Dec 99
- Thanksgiving Marathon, 20 Nov 99
- Track & Field, 11 Dec 99

Point of Contact for any sporting event is yours truly, HM2 (FMF/PJ) Mark Tomlin, Inpatient Records, extension 5922.

Naval Hospital Roosevelt Roads Hall of Fame

Please join the Commanding Officer in congratulating the following individuals on their significant accomplishments:

NAVY COMMENDATION MEDAL

CDR Johnson
LCDR David
LCDR Gering
LCDR Gibson
LCDR Haselroth
LCDR Hiltibald
LCDR Kincade
LCDR McElwain
LCDR Rusher
LCDR Waniewski
LCDR Weisz
LCDR Yokley
LT Corey
LT Englert
LT McMIndes
LT Medina
LT Lord
LT Reasor
LT Sergienko
LT C. Sierra
HMC Constantine
HM1 Geautreux
DT1 Lund
HM1 Mullis
HM2 Olson
BM2 Joe Wilson

NAVY ACHIEVEMENT MEDAL

LCDR Russell
LT Adamson
LT Alvarado
LT Bow
LT McNair
LT Poindexter
LT A. Rodriguez
LT T. Watson
LT Wilson
LTJg Greenway
LTJg Quintana
LTJg Saare
LTJg Searcy
HMC Jennejahn
HM1 Anthony
UT1 Buchanan
HM2 Bradford
HM2 Byers
HM2 Ellis
HM2 Funderburg
HM2 Gray
HM2 Heaton
HM2 Mays
HM2 Rainbolt
HM2 Williams
HM3 Garcia
HM3 Hugeback
HM3 Sanchez
HN Reynaud

MERITORIOUS OUTSTANDING VOLUNTEER SERVICE MEDAL

LT Lord
LTJg Dotson-Hardy
HM2 Bush

GOOD CONDUCT MEDAL:

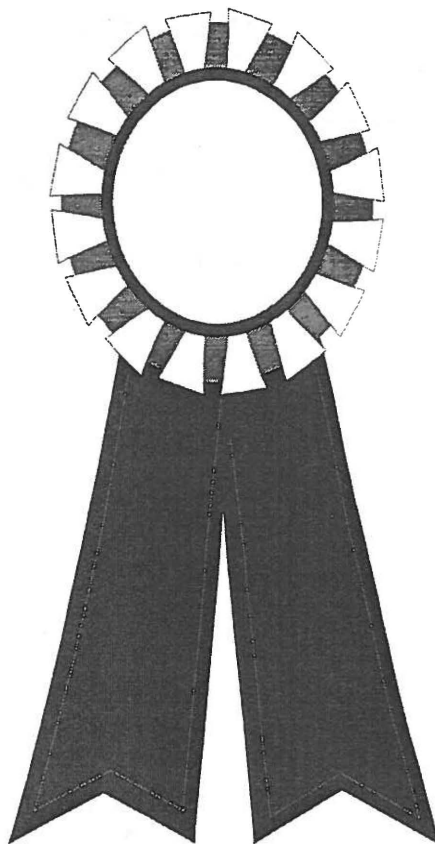
HM3 Wise
HN Cooper
HN Thrash

CIVILIAN MERITORIOUS: AWARD

Mahlon Yokley

GOOD CONDUCT AWARD:

HM3 Wise



FLAG LETTER OF COMMENDATION:

HM1 Aviles
UT1 Buchanan
HMC Ewers
HM2 Henry
HM2 Morales
HM2 Villanueva
HM3 Beaurline
HM3 Hoffman
HN Cooper

LETTER OF COMMENDATION:

CDR Green
CDR States
LCDR Acevedo
LCDR Gering
LT Benton
LT Brown
LT Medina
PN1 Mojica-Santana
HM1 Nelson
HM1 Wendt
PN2 Ambrose
HM2 Biberstine
HM2 Cruz-Maissonet
HM2 Del Peral
HM2 Matthews
HM2 Patrick
HM3 Longshore
HM3 Mendiguren
DT3 Runager
HM3 Runager
HM3 Torres
HN Flores
HN Gramatikos
HN Reynaud
YNSN Rhodes
Mary Bailey
Carmen Colon
Gloria Miller
Samuel Rivera

LETTER OF APPRECIATION:

CAPT Dinan
CAPT Weatherford
CDR McGadney
CDR White
LCDR Gibson
LT Bourque
LT Gibbs
LT Rosario
LT Sierra
LT Smith-Simon
LT Wilson-Jackson
LTJG Greenway
ENS Brooks
HM1 Dean
HM2 Patterson
HM2 Serrano
HM3 Levy
HN Colon
HN Penn
HN Rodriguez
Sammy Gomez
Sharon Orr
Angela Simmons
Richard Wallace

FOOD SAFETY TIPS FOR A SAFE COOK-OUT

By HMC(AW) Brian Haack

What would you like to spend your spare time? How would you like your family and friends to remember you? How about sending them all to the emergency room with a food borne illness?

Of course none of us would like to do this, but it happens so often because of the many parties, cook outs, pot luck dinners, and other types of feasts that we have.

Often times, Dad will make a big deal of mastering the grill and doing the cooking to give Mom a break. Unfortunately, this sometimes means that Mom will end up nursing sick family members back to health or in the worst cases, bringing them to the Emergency Room for a medical cure for those grilled ribs.

Whether these feasts are small, intimate gatherings for immediate family and friends, or grand affairs that include dozens of families, they can be great fun, but they can also be very dangerous if some simple food safety tips aren't observed.

By the very nature of the way food is prepared, stored and served at cook outs, pot luck dinners and the like, foods are inherently more dangerous. I'd like to give you some quick tips for keeping food safe during your special events. They are easy to abide by, and will undoubtedly make your vacations and special occasions memorable for all the right reasons.

- Rule #1: Wash your hands! Hand washing is the single most important rule in preventing food borne illnesses and breaking the chain of infection. If you're in a place that doesn't have soap and water for hand washing, or if the hand washing facilities are of questionable quality, bring with you. Most brands are easily affordable, easy to store and use, and impregnated with a soapy disinfectant that won't dry and chap your skin like



antiseptic foams, or other types of professionally prepared products that tend to cost much more. Baby wipes are also very easy to dispose of.

- Rule #2: The second most important rule of all: Keep hot food hot, and cold food cold! It's very simple to observe this precaution. Simply keep foods refrigerated right up until they are cooked. Cook them thoroughly, and once cooked, serve foods immediately—in other words—don't stock-pile cooked foods in advance of serving your guests. This is where most people go wrong: they prepare foods too far in advance. In the case of pot-luck

dinners, once the initial service has taken place, put foods into an oven to keep them hot, or in a refrigerator to keep them cold. Your guests won't mind using the microwave for second helpings if you're keeping their food safe. If you are cooking away from home, keep foods on ice in a sealed container or zipper bag. If you must put cooked foods aside, ensure that they are placed into a clean container or dish that is tightly covered and protects foods from insects. This leads right into the next rule.

- Rule #3: Wash all dishes between each use. This is the number two cause of food borne illness in home poisoning incidents. If you take raw chicken from a service tray and you intend to use the same tray for the chicken once it's cooked, you **MUST** wash the tray with soap and hot water prior to further use. If you don't have adequate dishwashing facilities, use a different tray for cooked foods.

- Rule #4: NO LEFT OVERS! Foods that are prepared outside the home should never be saved as left overs. The potential for contamination is just too great. You're taking an unnecessary risk by serving foods saved from a cookout or pot-luck dinner.

I hope you find these simple rules helpful in making your parties a smashing success.



After many years, trials and accomplishments Jacob was returning home. He left under less than desirable circumstances; in fact he had stolen his brother's birthright. Not knowing how Esau would accept him upon his return Jacob sent his family and belongings ahead and stayed the night on this side of the river. All night he wrestles with a man and at daybreak they are both even. Asking for a name Jacob is refused and finds at a touch he is lame, limping for the rest of his life.

Life is a journey in which we experience many things. We suffer, we rejoice, we are afraid, we grieve, we conquer, we are conquered, we wrestle with ourselves and with God. Each event in our lives can be a learning moment or we can refuse to understand. No matter what happens we are marked by the events in our lives, changed by them, even if we don't limp away.

As a kid growing up I was the son of a former Hospital Corpsman. He would give us immunizations, scrub out road rash, and triage any illness. Until I came in to the Navy I never

understood his obsession with shiny shoes and short hair. Observing the Corpsmen here at hospital I know many of the things I observed in my father are the mark of training he received as a Corpsman. He carried that training with him his entire life. Each Corpsman here will carry with them the same imprint.

For the last three years it has been my privilege to be the Chaplain here at Naval Hospital Roosevelt Roads. I know my time here has changed my life. Fortunately I will not limp away from my tour. I will carry many wonderful memories, a number of improved skills and an appreciation for the Navy Medicine Team.

Jacob's life journey was far from over after his night of wrestling with the angel. Each one of us here has far to go in our own journeys. Remember it is a journey. What you learn here will be with you always. Use your experiences to grow, to achieve and above all to serve others.

Kyrie eleison,
Chaplain McElwain

TEN COMMANDMENTS OF HUMAN RELATIONS:

1. **SPEAK TO PEOPLE.** Nothing is so nice as a cheerful word of greeting.
 2. **SMILE AT PEOPLE.** It takes 72 muscles to frown, only 14 to smile.
 3. **CALL PEOPLE BY THEIR NAME.** The sweetest music to one's ears is the sound of their name.
 4. **BE FRIENDLY AND HELPFUL.** If you would have friends, be a friend.
 5. **BE CORDIAL.** Speak and act as if everything you do is a genuine pleasure.
 6. **BE GENUINELY INTERESTED IN PEOPLE.** You can like almost everybody if you try.
 7. **BE GENEROUS WITH PRAISE.** Use criticism with caution.
 8. **BE CONSIDERATE WITH THE FEELINGS OF OTHERS.** There are usually three sides to a controversy - yours, theirs, and the truth.
 9. **BE ALERT TO GIVE SERVICE.** What counts most in life is what we do for others.
 10. **ADD TO THE GOOD SENSE OF HUMOR.** A bit of patience and a dash of humility, and you will be rewarded many-fold.
- TRY THESE. YOU'LL BE AMAZED AT THE RESULTS!!!**

WOMEN'S HEALTH REPORT: BREAST PAIN BULLETIN

Submitted By LT Susan Mueller, MD, OBGYN

As the most visible evidence of a woman's sexuality and femininity, the human breast has acquired deep emotional significance. It is unfortunately also the most frequent site of newly discovered cancer in American women. Therefore, women have become increasingly concerned that pain or tenderness may reflect the presence of breast cancer. Fortunately, the vast majority of breast disorders with these signs or symptoms are benign.

Breast pain is a common complaint in premenopausal women and may either be cyclic or non-cyclic. The pain may be present in nodular regions of the breast, although most commonly, it is independent from any breast changes.. In fact, it has been shown that nodules documented by ultrasound have NO relationship to breast pain. The vast majority of women who have breast pain, especially cyclic pain, can be treated with reassurance alone after a thorough examination. Only for a small number of women (5%) is some form of specific therapy required.

Withholding or significantly limiting caffeine had been traditionally stated to be of benefit in treating breast pain and nodularity. However, in 4% randomizing, case controlled studies, consumption of caffeine or chocolate has not been shown to have any relationship to either pain or nodularity. Likewise, the use of Vitamin E has not been shown to have any effect on breast pain.

Breast pains best avoided by avoiding trauma to the breasts and by wearing (night and day) a brassiere that gives good support and protection. Patients should be advised to examine their breasts each month, just after menstruation, and to inform her physician if a mass appears.

Does Tension Cause Hypertension ?

Submitted by: Samuel Rivera, Wellness Center

Do you have a say in how your job is done? Does getting stuck in traffic make you boil over along with your radiator? Do you regularly get stressed out by trying to balance your work and social life? If so, you are a candidate for one of the latest medical discoveries: Stress Induced Hypertension.

What is Hypertension?

Hypertension is high blood pressure, and it's bad news. High blood pressure damages your heart, other organs and blood vessels without you even knowing it's there. But what's it got to do with stress ?

The Stress Reaction

When you're under stress, your body starts an ancient reaction designed to help you get out of danger. It fills your blood up with adrenaline, which raises your blood pressure, blood sugar and heart rate and increases your muscle tone - just what you need to fight off a wild animal: You save your life and work off the tension created by the adrenaline. Blood pressure drops slowly, until the next aggravation comes along. Too much of this and the body gives up and boosts its baseline blood pressure to a permanently higher level. Studies now show that people who experience chronic stress are more likely to have chronically high blood pressure. While people vary widely in their reaction to stress, those who get upset easily are more likely to have stress-induced hypertension.

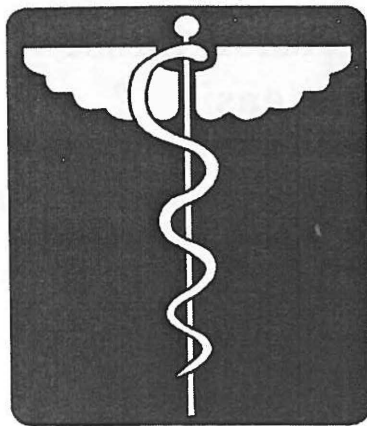
What You Can Do

Stress management programs exist that can help you learn relaxation techniques such as deep breathing and progressive muscle relaxation. If you suffer from hypertension, ask your physician where you can get into a stress reduction program. Start right now by taking a deep breath Call the Wellness Center at 4944 for further information. Remember we are "Guiding The Path to a Healthy Lifestyle".



Reference

Parlay International 1600.019



HAPPY 101ST BIRTHDAY HOSPITAL CORPS

Submitted by: HM3 Anthony Massey, Emergency Medicine Department

The 101st Hospital Corps Birthday Ball, hosted by U.S. Naval Hospital Roosevelt Roads, was truly a night to remember. Held on June 19th, 1999 at the beautiful Playa Caliente Restaurant, Puerto Del Rey Marina, the Ball celebrated Hospital Corpsmen both past and present. Led by HM1 Terence Anthony, the Hospital Corps Birthday Ball Committee created an evening of reflection, pride, and celebration.

The evening began with a welcome and introduction to the official party and honored guest by the Sailor of the Year, HM1 Jurmin Francis, who served as the Mistress of Ceremony. The Command Senior Chief, HMCS Clarence Hodges, gave opening remarks that included his feelings of Hospital Corpsmen on station and throughout the Navy. The Hospital's own Color Guard paraded the Colors while listening to a poem, "Old Glory" recited by HM1 Francis and the Voices of Victory sang the National Anthem. Our newly appointed Chaplain LTJG Maurice Buford then blessed the occasion with a soul-stirring Invocation.

One of the powerful moments of the occasion was the Prisoner of War/Missing in Action Ceremony led by HMC David Constantine. Not a word was spoken as LTJG William Dukes, HM1 Timothy Hanley, HM2 Mark Tomlin, HM2 Angela Veers, and HN Erica Rodriguez, set a table for those service members that could not join us. This ceremony ended with HM2 Sandra McBride's beautiful rendition "Amazing Grace."

The guests of the night were then served a wonderful dinner choice of Red Snapper, Chicken Cordon Bleu, or Roast Beef. In holding one of the Navy's time-honored traditions the youngest Hospital Corpsman, HM3 Rebecca Bauer, and the most "experienced" Hospital Corpsman, HMC Bluser, with our Commanding Officer, CAPT G. Russell Brown, cut a mouth-watering cake baked by the Naval Station Galley.

After cake and dessert were served, HMC Constantine introduced our distinguished guest speaker, SGTMAJ Ernest Majoy (RET). SGTMAJ Majoy spoke of his experiences with Hospital Corpsman while serving at his various assignments in the United States Marine Corps. He commented on the contributions of Hospital Corpsman both past and present. We returned to our roots at Hospital Corps School when all Hospital Corpsmen stood and recited the Hospital Corps Pledge led by the current Bluejacket of the Quarter, HM3 Rebecca Bauer. After a gentle tap on his champagne glass, HMCS Hodges gave the toast the 101st Birthday of the Hospital Corps. The Ball committee chairman, HM1 Anthony, presented a beautiful plaque to SGTMAJ Majoy to show our appreciation for his touching words.

Finally, our very own Commanding Officer, CAPT G. Russell Brown, spoke of the importance and purpose of the occasion. A former Corpsman himself, CAPT Brown closed the ceremony with heartfelt words of the pride and accomplishments of all members of the Navy's only enlisted corps the Hospital Corps.

EDUCATION IS THE KEY TO FIGHT HIV!

Submitted by: ENS Lolita Brooks, MSC, Preventive Medicine

The Facts:

- HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immunodeficiency Syndrome)
- AIDS is a result of HIV infection
- HIV infection can be prevented
- You can not become infected with HIV when giving blood

Goals of HIV Instructors:

- Heighten awareness
- Teach the facts of HIV and AIDS
- Encourage people to change behavior that puts them and others at risk
- Help people to develop skills connected with prevention behavior

Our Command Vision:

Maintain a high state of medical readiness by providing the highest quality of healthcare in the Caribbean, which can only be accomplished by empowering our staff (and supporting organization personnel such as the American Red Cross volunteers, Roosevelt Roads Middle/High School educators, and concerned residents) to pursue continuous quality improvement through training, teamwork, data driven decisions, and responsible use of resources.

Instructor Information:

- U.S. Naval Station Roosevelt Roads currently has 6 HIV/AIDS Prevention Skills Instructor Trainers. They are American Red Cross volunteers who train instructors and provide the latest HIV/AIDS research information
- There are 24 adult and teen instructors on base to facilitate skill-building activities related to HIV/AIDS fundamentals, awareness, and prevention behavior in a factually accurate, nonjudgmental, and culturally sensitive manner
- They combine education and skills to heighten the awareness of HIV and AIDS prevention throughout the entire Caribbean.
- Please call ENS Lolita Brooks at 865-5984 for HIV/AIDS course schedules and training information.

Prevention can make a difference!

INTERNET UPDATE!

Submitted by: HM2 Norman Mendoza, IRMD

MSG DTG 241350Z AUG 99

REF/A/DOC/DOD/30AUG93//

Government information systems now permit the opportunity to reengineer the fundamental process to create, manage, and retrieve information. To that end, CINLANTFLT promulgates the following policy on internet access and use of government information systems. This policy can be summarized as follows: promote the widest permissible use of government information systems to access and exchange information in an automated environment. This includes, but *is not* limited to, accessing the internet, browsing the world wide web, and communicating via electronic mail.

Consistent with the legal and security rules described below, fleet personnel, military and civilian, are encouraged to use their government computers to access the internet and develop their information skills provided that use is of a reasonable duration and frequency, and whenever possible, made during personal time. Ref a supports this approach and recognizes that official uses of information systems include uses that previously may have been interpreted as personal uses. Consistent with ref a, any permissible use of the internet enhances the users' professional skills.

Permissible uses are defined to include all uses not prohibited by law, regulation, instruction or command policy. Prohibited uses include (not an all inclusive list):

- a. Introducing classified information into an unclassified system or environment.
- b. Accessing, storing, processing, displaying, distributing, transmitting or viewing material that is pornographic, racist, promotive of hate crimes, or subversive in nature.
- c. Accessing, storing, processing or distributing classified, proprietary, sensitive, for official use only (FOUO) or privacy act protected information in violation of established security and information release policies.
- d. Obtaining, installing, copying, pasting, transferring or using software or other materials obtained in violation of the appropriate vendor's patent, copyright, trade secret or license agreement.
- e. Knowingly writing, coding, compiling, storing, transmitting or transferring malicious software code, to include viruses, logic bombs, worms and macro-viruses.

NAVAL HOSPITAL ROOSEVELT ROADS RECEIVES EXCELLENCE IN HEALTH PROMOTION GOLD STAR AWARD

LCDR Cheryl A. Gibson, Wellness Center

One year ago, when I checked into the Naval Hospital, Roosevelt Roads, someone asked me what I would like to accomplish while stationed here. My response was, "I want the Gold!" In 1998, the Wellness Center submitted a package for the Silver Eagle which was awarded to the Naval Hospital Roosevelt Roads. I wanted to demonstrate that the awareness and adoption of healthy lifestyles were growing as a result of the many programs and initiatives available to the community.

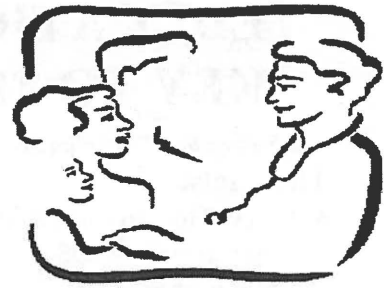
A registered nurse for 15 years, I have been involved with many aspects of health promotion and disease prevention, but was relatively new to Health Promotions as a separate entity. I felt that pursuit of the Gold Star would be a wonderful challenge, but difficult at best. As the staff gathered materials which would provide supportive evidence that we met the criteria, the truths about health promotion and the practice of healthy lifestyles at Roosevelt Roads revealed themselves and were astounding.

A staggering number of people here were already trying to improve their health. Many were in well established health maintenance programs and were helping others do the same. All you really had to do was look around you, joggers and bikers abound here. The Tobacco Cessation Program offered more choices to help people "stay quit", and the success rate for

cessation, already well above the national average, was increasing dramatically (from 42% to 77% at the 3 month mark). Even those who did not have any type of fitness program were at least THINKING about a change, or were able to recognize their particular health needs. This is a critical first step.

As the pieces of the puzzle fell into place and the deadline for package submission approached, it all seemed too easy. A seed of doubt cultivated into a sense of panic: NOT ENOUGH; NOT CORRECT, SUBJECT TO INTERPRETATION. It was like a senior year English term paper, when you're unsure of the content, add more. And more was always easy to collect. BUT... with the help of a few others and a good final review and critique, the requirements were neatly packaged and sent to Norfolk. The white-knuckled wait between 17 March and 12 May seemed like an eternity but was well worth it.

We reached for a star and we got it! This year's presentation of the Gold Star is a testament not only to the Naval Hospital staff's commitment to the community, but it also greatly signifies the increasing awareness and devotion to healthy lifestyles by individuals. This award could not have been possible without the time and effort afforded by the Branch Clinics who help conduct Health Risk Appraisals, and the many tenant commands who frequently invite the Health



PUT PREVENTION
INTO PRACTICE

Educators from the Wellness Center to train sailors and troops about various health-related topics. Last but not least, the Community Resources, such as MWR, the Chapel, Family Service Center, Elementary and High Schools have confirmed a noteworthy pledge to improve the health and well being of our population through a multitude of health, fitness, and wellness programs for children and adults. The activities and outcomes of these many groups and their activities were included in the package to the Navy Environmental Health Center.

The criteria for the Gold Star is strict and very well defined. Successful achievement of the goals set forth in the Navy Environmental Health Center Packet for Command excellence in Health Promotions are only made possible through combined efforts of everyone. Though awarded to the Naval Hospital Command, it reflects great credit upon the Branch Clinics, Tenant Commands, Community Resources, as well as each and every one of you involved in a prevention, health promotion or self-care health practice. The community has made this dream a reality and for this I say to you, "Many thanks and Bravo Zulu! We have the Gold: You are the stars!"

CLOSING THE 1998-1999 ADOPT-A-GRADE SCHOOL YEAR

BY: LT Jean Lord, NC, Family Medicine Clinic

As the 1998-1999 school year came to an end, so did this years Adopt-A-Grade activities. This past school year has been a blast for Naval Hospital Roosevelt Roads. Nine departments and 47 staff members supported over 11 activities for our six adopted kindergarten classes. The staff enjoyed volunteering time, energy and know how to the 115 plus kindergarten children and teachers.

Staff aided the children in mending their teddy bears at Teddy Bear Clinic, casting a broken bone during Casting/Bone Clinic, and teaching healthy diet, healthy heart, and sun safety. Not forgetting the fun times at the children's Fall Festival, Santa visit, Beach Day and Bowling Day.

While I, the Command Adopt-A-Grade Coordinator, prepare to transfer to Washington D.C., I would like to say thank-you to all those who supported and helped make the Adopt-A-Grade program such a hit with the children and teachers at Roosevelt Roads Elementary School. I wish LTJG D. Franklin the same fun and success as she becomes the new Command Adopt-A-Grade Representative.

YOU CAN CONTROL YOUR THOUGHTS.

The realities of life result from many outside factors, none of which you can control. Your attitude, however, reflects the ways in which you evaluate what is happening to you.

Things always seem to turn out best for those people who can make the best out of the way things turn out. It is not your situation, it's your reaction to the situation that's important. Life at any time can become difficult. Life at any time can become easy. It all depends upon how you adjust yourself to life.

You cannot always control your circumstances. But you can always think positive thoughts. There is nothing either good or bad, only your thinking makes it so. What you see is what you get.

A LITTLE INSPIRATION:

A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food.

The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime.

But a few days later he came back to return the stone to the wise woman. "I've been thinking," he said, "I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone."

- Author Unknown

SERVICE RIVALRY

An old Sailor and an old Marine were sitting at the VFW arguing about who'd had the tougher career.

"I did 30 years in the Corps," the Marine declared proudly, "and fought in three of my country's wars. Fresh out of boot camp I hit the beach at Okinawa, clawed my way up the blood-soaked sand, and eventually took out an entire enemy machine gun nest with a single grenade."

"As a sergeant I fought in Korea alongside General MacArthur. We pushed back the enemy inch by bloody inch all the way up to the Chinese border, always under a barrage of artillery and small arms fire."

"Finally, as a gunny sergeant, I did three consecutive combat tours in Vietnam. We humped through the mud and razorgrass for 14 hours a day, plagued by rain and mosquitoes, ducking under sniper fire all day and mortar fire all night. In a firefight, we'd fire until our arms ached and our guns were empty, then we'd charge the enemy with bayonets!"

"Ah," said the Sailor with a dismissive wave of his hand, "all shore duty, huh?"

What's Going on in **SEPTEMBER?**

06 Sep - Labor Day
09 Sep - E-4 Exam
11/12 Sep - Rosh hasannah
14 Sep - E-5 Exam
15 Sep - 15 Oct - Hispanic Heritage Month
15 Sep - E-7/8 Fitreps Due
15 Sep - E-4/5 Midterm Counseling Due
16 Sep - E-6 Exam
16 Sep - CPO Initiation
19 - 25 Sep - POW/MIA Week
20 Sep - Yom Kippur
23 Sep - Autumnal Equinox
26 Sep - Family Health & Fitness Day
30 Sep - O-4/5 Fitreps Due

NAVAL HISTORY

02 Sep 1945 - Japan formally surrendered on board the USS Missouri (BB 63)

09 Sep 1961- The Long Beach (CGN 9), the world's first nuclear powered surface warship, was commissioned.

11 Sep 1872 - James Henry Conyers became the first black to enter the Naval Academy.

30 Sep 1968 - The USS New Jersey fired her first mission off Vietnam, the 1st battleship combat firing since the Korean War.

The Hospital Multi- Cultural Committee Needs YOU!

Looking for a positive way to contribute your extra time to the command?

Do you enjoy learning and teaching about various heritages?

Would you like to participate in informational and entertaining programs for our command?

If so, then the Multi-Cultural Committee needs you. It is open to anyone desiring to join. For more information, contact LT McNair, Preventive Medicine, at extension 5744.

OMBUDSMAN INFORMATION

Mr. Chris Holmes is the Command Ombudsman, and can be contacted by phone at (787) 865-1704.

CHAPEL UPDATES:

New services are now available from the Pastoral Care Department:

GRIEF RELIEF OUTREACH WORKSHOP (GROW)

- Seven Week Program, meets Tuesdays, 1130 to 1230.
- For individuals who have experienced a traumatic loss in their lives.

BIBLE STUDY

- meets Wednesdays, 1130 to 1230.

Contact extension 5727/28 for further information.